

AFFORDABLE HEALTHCARE.



EAT five fruits and veggies a day.....**NOT THAT EXPENSIVE**

EXERCISE at least three times a week..... **COSTS NOTHING**
(with have-shoes-and-a-place-to-walk discount)

TOTAL EFFECT: trimmer figure, lowered risk of cancer
and heart disease, increased energy, decrease in stress.

TODAY YOU SAVED **YOUR LIFE**



Wyoming
Department
of Health

Commit to your health.